

Family Health History and Your Employees

The Utah Department of Health, Chronic Disease Genomics Program believes that your worksite is the key to helping your employees understand how genetics and family health history affects their lives. Try some of these ideas at your worksite:

- Hold a brown bag presentation on family health history or other genetics-related topic (e.g. genetics and depression, stem cell research).
- If your worksite has an incentive program, include collecting a family health history as an activity or goal.
- Sponsor a "Tell Us Your Story" contest in which employees submit their story about what they did to collect their family health history or how this information has impacted their lives.
- Hold an "Exercise Your DNA" walk and post signs with genetics facts around your building for employees to read while getting some exercise.
- Include an article on why family health history is important in your company newsletter or employee paystubs.
- Make a bulletin board display with the Family Health History Toolkit, Health Family Tree, or other materials from our web site.

We also offer resources that can be used to help your employees understand their risk for diseases that can run in families (such as asthma, cancer, diabetes, heart disease, and depression) and to make healthy lifestyle choices. Resources include:

- **Family Health History Toolkit:** Provides fun tips to help families talk about, write down, and share their family health history with their doctor and family members. The toolkit can be downloaded at www.health.utah.gov/genomics or ordered by calling the Health Resource Line at 1-888-222-2542.
- **Health Family Tree:** Tool that will help you collect and record your family health history. You can order print copies of the Health Family Tree by contacting us at 801-538-9416. It will also be available online in the near future.
- **Family Health History: Knowing your past can protect your future:** This one-hour presentation focuses on why a family health history is important, how to collect one, and what it means. CDROM copies available upon request or download the presentation at www.health.utah.gov/genomics.
- **Tell Us Your Story:** These one-page stories were written by Utah families and describe how their family health histories have impacted their lives.

Contact us for more ideas on how your worksite can promote genetics and health.

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